



Nach Altem forschen - das Neue verstehen

By Addy Melzer

Kristkeitz Werner Mai 2013, 2013. Buch. Book Condition: Neu. 246x175x15 mm. Neuware - Der Autor begibt sich auf Spurensuche in die Vergangenheit der Kampfkünste, auf eine Zeitreise von der Entstehung im Kloster Shaolin über Okinawa bis zum heute allgemein praktizierten Karate. Spannend und mit historisch gesicherten Fakten untermauert entstehen völlig neue und überraschende Schlussfolgerungen. Das Buch ist eine Neuinterpretation verloren geglaubter Grundlagen, die für Anfänger wie Fortgeschrittene hochinteressante Sichtweisen eröffnen. Geheimnisse der Vergangenheit werden in Verbindung gebracht mit den heutigen Übungsformen, wodurch eine Brücke geschlagen wird, die dem Leser hilft, die Lücke zwischen Trainingsalltag und der wirklichkeitsnahen Anwendung der gelernten Techniken zu schließen. Ein Standardwerk, das die Trainingspraxis des Karate neu definiert! Mit einem Vorwort von Roland Habersetzer, Hanshi 9. Dan Karate do. 119 pp. Deutsch.

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